Questions and tests to ask your doctor

High blood pressure

Has this been checked? If not, what would it change?

1. How the reading was taken - a validated automated device, seated, arm supported, five minutes of rest, average of two or more.
   Ask: “Was this reading taken with a validated device and the standard method?”
Source: Hypertension Canada

2. Out-of-office confirmation - one office reading can be wrong in both directions.
   Ask: “Should I confirm this with home readings or a 24-hour monitor?”
Source: Hypertension Canada

3. The home protocol - seven days, two readings in the morning and two at night, written down, averaged.
   Ask: “Can I use the home protocol and bring the average to my next visit?”
Source: Hypertension Canada

4. Annual labs - creatinine/eGFR, sodium and potassium, fasting lipids, and a urine ACR.
   Ask: “Are my annual blood and urine tests up to date?”
Source: Hypertension Canada

5. ECG - a heart tracing, and what it showed.
   Ask: “Have I had an ECG, and what did it show?”
Source: Hypertension Canada

6. My target, and why that number - targets differ with diabetes, kidney disease and age.
   Ask: “What is my target, and why that number for me?”
Source: Hypertension Canada

7. What would change the plan - weight, salt, alcohol, sleep apnea, and which medication and why.
   Ask: “What would change my plan, and which medication am I on and why?”
Source: Hypertension Canada

The four questions about your results

- What is my number? the actual value, written down.
- What was it last time? the trend matters more than one result.
- What is my target, and why that one? targets are individual.
- If it is off, what happens next? the plan, the interval, the reason.

RED FLAGS

Seek care now, not later, for: chest pain - trouble breathing - very high blood pressure with symptoms - passing little or no urine - confusion - sudden change in vision.

General information, not medical advice. It does not replace your doctor. Sources are named so you can check them yourself.